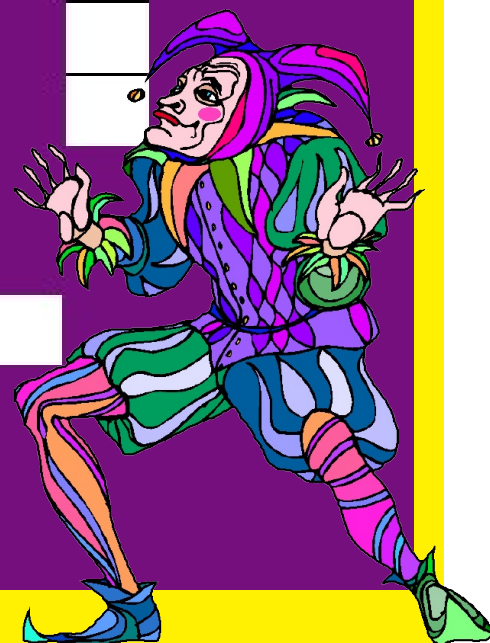


Express Your Health!™



HEALTH PUZZLER



ACROSS

1. A great step to a healthier life is to eat ____ to nine servings of fruits and vegetables each day.

Hint: Variety, Balance, and Moderation - www.cdc.gov/nccdphp/dnpa/tips/index.htm

5. Dr. Julie ____ is the Director of the CDC

Hint: About CDC: The CDC Director - www.cdc.gov/about/director.htm

6. Always wear your ____ when riding your bike.

Hint: Play It Safe - www.bam.gov/sub_yoursafety/yoursafety_playitsafe.html

7. Exposure to the sun can cause serious damage to your skin, such as wrinkles and ____.

Hint: Questions and Answers - www.cdc.gov/chooseyourcover/qanda.htm

9. The truth is, no matter what amount, ____ can make you have less control over what happens to you and your body.

Hint: Straight Talk - www.girlshealth.gov/substance

DOWN

2. Two out of five deaths among U.S. teens are the result of a motor ____ crash.

Hint: Teen Drivers - www.cdc.gov/ncipc/factsheets/teenmvh.htm

3. ____ are a healthy snack to grab when you're on the run.

Hint: Power Packing - www.bam.gov/sub_foodnutrition/powerpacking.html

4. ____ work to fight off diseases caused by viruses or bacteria.

Hint: Preventing Disease - www.cdc.gov/nip/publications/fs/gen/howvpd.htm

7. Teens should get at least ____ minutes of physical activity most, preferably all, days of the week.

Hint: Physical Activity for Everyone: Are there Special Recommendations for Young People? - www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm

Answers for the crossword puzzle are on the next page.

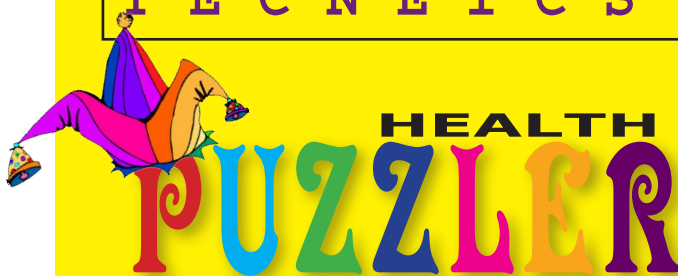
*Express Your Health!*TM

Health is the Word!

Find the hidden words related to CDC and health.

X	E	R	D	A	A	P	H	K	J	N	T	E	E	E
L	V	C	Y	E	R	L	A	U	O	B	S	D	N	L
M	R	X	N	O	T	E	C	I	L	U	G	U	I	Q
N	E	I	T	E	R	E	T	O	N	B	E	C	C	D
O	Y	E	G	B	N	N	C	S	H	P	M	A	I	I
I	C	R	T	L	E	I	C	T	I	O	W	T	D	S
T	W	U	U	V	A	R	T	D	I	C	L	I	E	E
A	O	B	E	J	E	E	E	S	D	V	T	O	M	A
U	I	R	Y	E	N	M	R	C	B	A	E	N	H	S
L	P	E	N	I	I	I	X	G	E	A	R	U	P	E
A	V	V	C	O	W	B	O	D	Y	I	M	A	G	E
V	U	C	L	S	E	A	T	B	E	L	T	M	A	S
E	A	O	H	T	L	A	E	H	C	I	L	B	U	P
V	G	E	L	B	I	X	E	L	F	E	W	L	Z	Y
Y	E	C	N	E	I	C	S	T	O	B	A	C	C	O

ALCOHOL
CDC
DISEASE
EDUCATION
FLEXIBLE
GEAR UP
INJURY
MEDICINE
OUTBREAK
PREVENTION
PROTECT
PUBLIC HEALTH
SCIENCE
SEAT BELT
SUNSCREEN
TOBACCO
VACCINE



Answers for the crossword puzzle:

ACROSS: 1. five 5. Gerberding 6. helmet 7. skin cancer 9. alcohol
DOWN: 2. vehicle 3. vegetables 4. vaccines 7. sixty